

# SL7057

## Pendulum Squat

### Owner's Manual

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24N

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

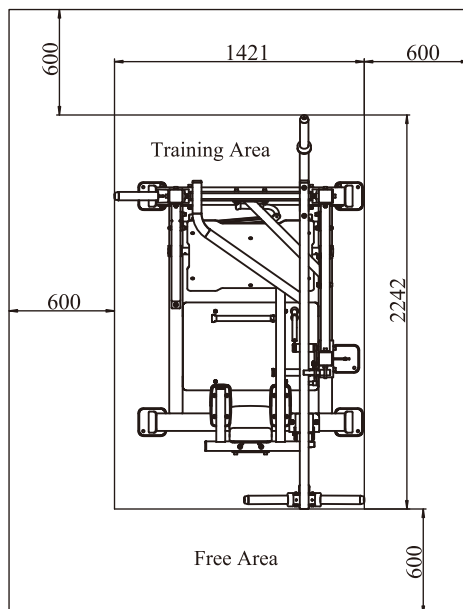
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 2\*100kg/ 2\*220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 2242\*1421\*1664mm

Product Total Surface: 2242\*1421mm

Product Total Mass:

# Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## Tools Required



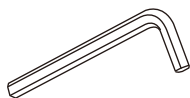
Ratchet Wrench and Socket



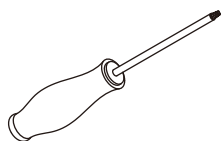
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

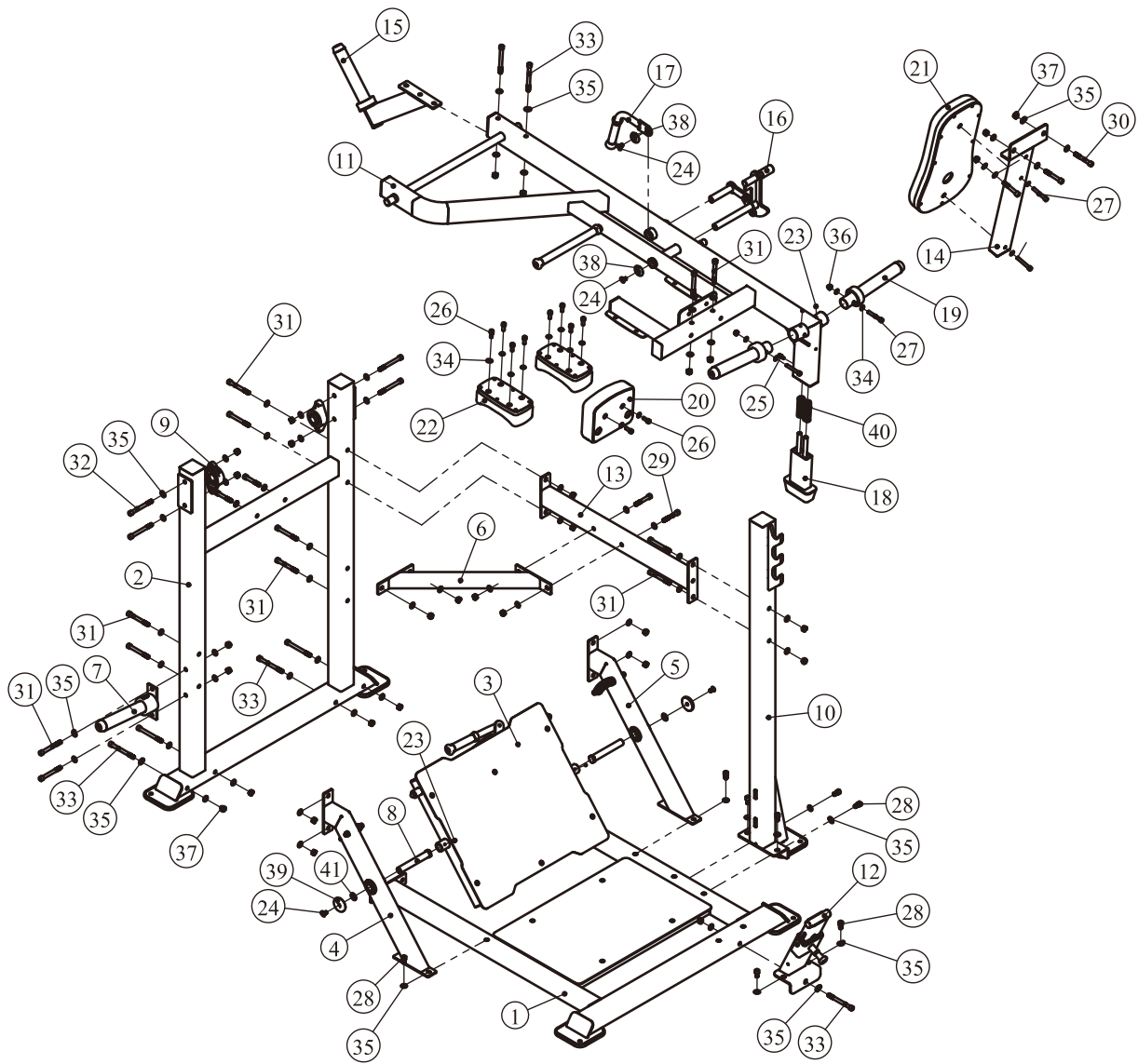
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	SL705701ASSY	Floor Frame ASSY	1
2	SL705702ASSY	Front Frame ASSY	1
3	SL705704ASSY	Pedal Frame ASSY	1
4	SL705706ASSY	Foot Support Frame 1 ASSY	1
5	SL705707ASSY	Foot Support Frame 2 ASSY	1
6	SL70571000	Connecting Frame 2	1
7	SL703911ASSY	Barbell Storage Frame ASSY	1
8	ECP6174100	Rotating Shaft 4	2
9	UCFLU206	Bearing with housing	2
10	SL705703ASSY	Main Frame ASSY	1
11	SL705705ASSY	Sway Frame ASSY	1
12	SL705708ASSY	Support Frame ASSY	1
13	SL70570900	Connecting Frame 1	1
14	SL705711ASSY	Cushion Frame ASSY	1
15	SL705712ASSY	Balance Frame ASSY	1
16	SL705713ASSY	Hook Frame ASSY	1
17	SL705714ASSY	Handle Frame ASSY	1
18	SL705715ASSY	Buffer Frame ASSY	1
19	SL705716ASSY	Barbell Frame ASSY	2
20	SL70575100	Head Pad	1
21	SL70251700	Back Pad	1
22	SL70343700	Shoulders Pad	2
23	GB77M8*6DHS2	Socket Set Screw M8*6	4
24	CNLM10*20DS20NL	Flat Head Cap Screw M10*20	4
25	GB70M8*20DHS20	Socket Head Cap Screw M8*20	1
26	GB70M10*25DHS20	Socket Head Cap Screw M10*25	10
27	GB70M10*70DHS20	Socket Head Cap Screw M10*70	4
28	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	8
29	GB70M12*75DH20	Socket Head Cap Screw M12*75	5
30	GB70M12*85DHS20	Socket Head Cap Screw M12*85	2
31	GB70M12*105DHS20	Socket Head Cap Screw M12*105	12
32	GB70M12*115DHS20	Socket Head Cap Screw M12*115	4
33	GB70M12*125DHS20	Socket Head Cap Screw M12*125	7
34	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	16
35	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	68
36	NM10DH2	Nylon Lock Nut M10	2
37	NM12DHS2	Nylon Lock Nut M12	30
38	IN-D10132300	Aluminum Cap $\Phi 43$	2
39	IE950716500	Aluminum Cap $\Phi 60$	2
40	AT4801900	Spring	2
41	DQ10DS2C	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	2
42	NBS4DHS	Hex Key S=4	1
43	NBS6DHS	Hex Key S=6	1
44	NBS8DHS	Hex Key S=8	1
45	NBS10DHS	Hex Key S=10	1

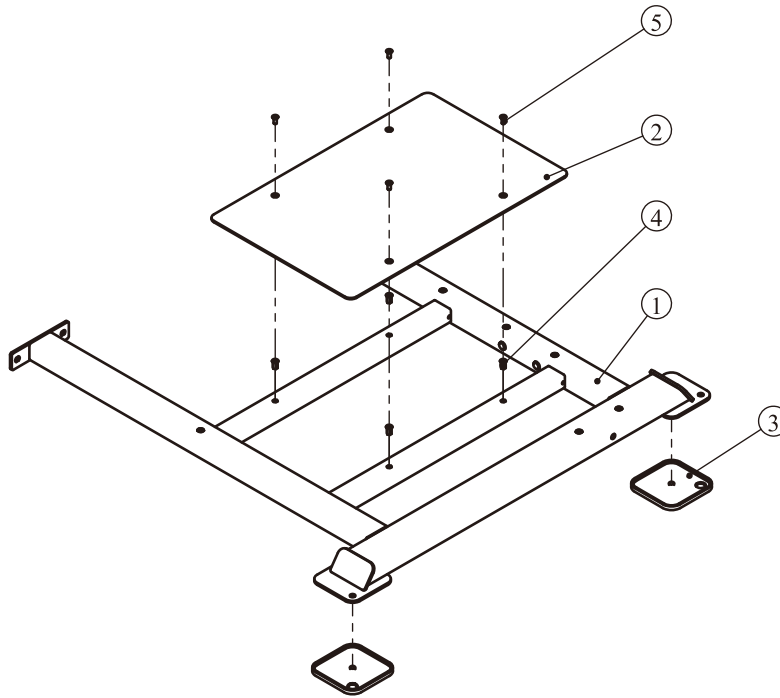
# Exploded View and Parts List

## Overall

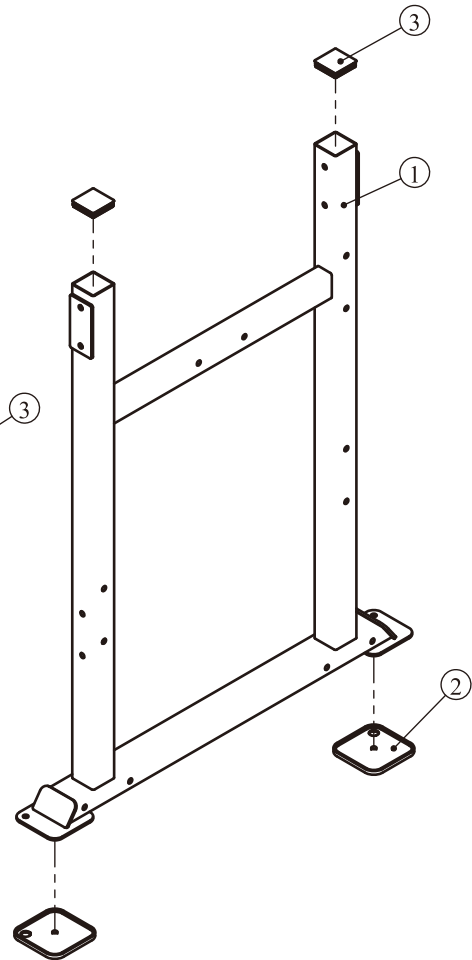


# Exploded View and Parts List

## Floor Frame ASSY



## Front Frame ASSY

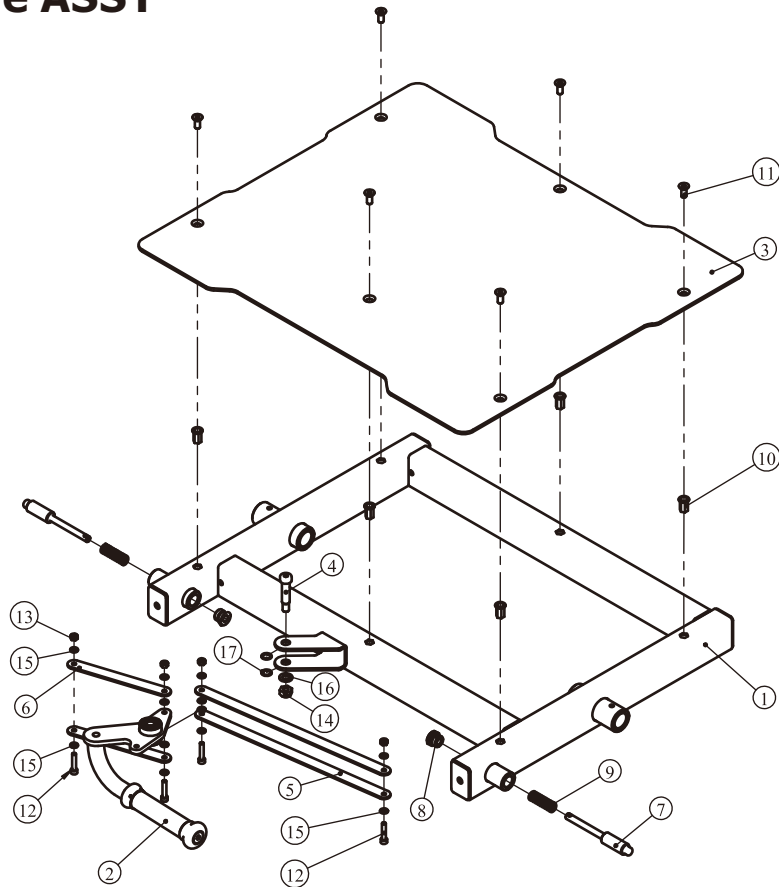


Grade No.	Part No.	Description	QTY
1.1	SL70570100	Floor Frame	1
1.2	SL70572000	Foot Support Plate	1
1.3	CWRVL0051200	Floor Mat	2
1.4	GB17880.5M8*19.5DS2	Hexagon Rivet Nuts With Flat HeadM8*19.5	4
1.5	CNLM8*20DHS20NL	Flat Head Cap Screw M8*20	4

Grade No.	Part No.	Description	QTY
2.1	SL70570200	Front Frame	1
2.2	CWRVL0051200	Floor Mat	2
2.3	PBF30013	Pipe Plug	2

# Exploded View and Parts List

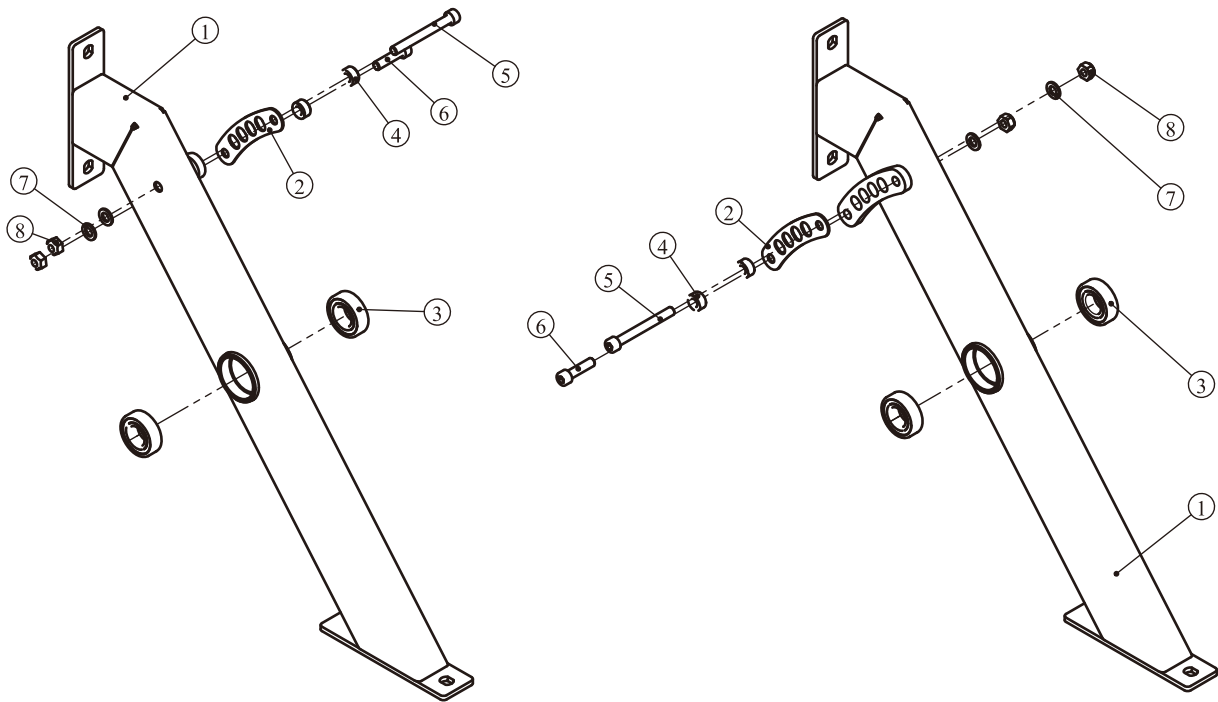
## Pedal Frame ASSY



Grade No.	Part No.	Description	QTY
3.1	SL70570400	Pedal Frame	1
3.2	SL705717ASSY	Handle Frame ASSY	1
3.3	SL70572100	Foot Support Plate	1
3.4	SL70572600	Connecting Bolt	1
3.5	ECP7132500	Long Pull Plate	2
3.6	ECP7132600	Short Pull Plate	2
3.7	BB-SQ2700	Plug Pin Shaft	2
3.8	BNH05163Q	Lock Nut	2
3.9	F2011600	Spring	2
3.10	GB17880.5M8*19.5DS2	Hexagon Rivet Nuts With Flat HeadM8*19.5	6
3.11	CNLM8*20DHS20NL	Flat Head Cap Screw M8*20	6
3.12	GB70M6*30DHS2	Socket Head Cap Screw M6*30	4
3.13	NM6DHS2	Nylon Lock Nut M6	4
3.14	NM10DHS2	Nylon Lock Nut M10	1
3.15	GB956DHS2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	12
3.16	GB9510DHS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	1
3.17	DQ12DS2	Flat Washer $\Phi 12.2 * \Phi 16 * 1$	2

# Exploded View and Parts List

## Foot Support Frame 1 ASSY Foot Support Frame 2 ASSY

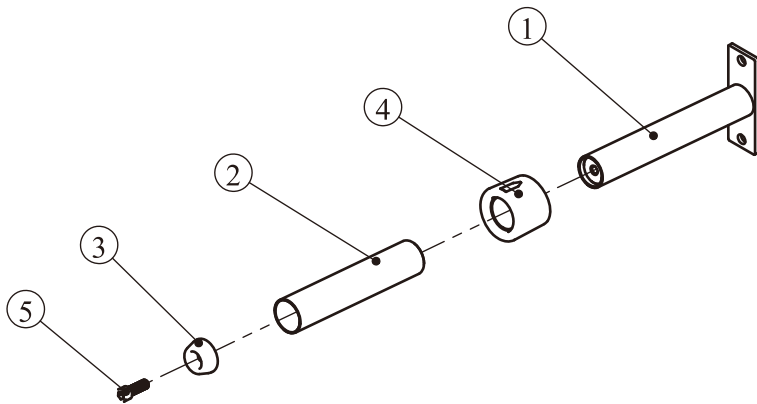


Grade No.	Part No.	Description	QTY
4.1	SL70570600	Foot Support Frame 1	1
4.2	SL70572400	Lining Board	1
4.3	GB2766205-2ZC3	Bearing6205-2ZC3	2
4.4	ODY510400	Safety Bumper	2
4.5	GB70M10*90DHS20	Socket Head Cap Screw M10*90	1
4.6	GB70M10*40DHS20	Socket Head Cap Screw M10*40	1
4.7	GB9510DHS2	Flat Washer $\Phi 11*\Phi 20*2$	2
4.8	NM10DHS2	Nylon Lock Nut M10	2

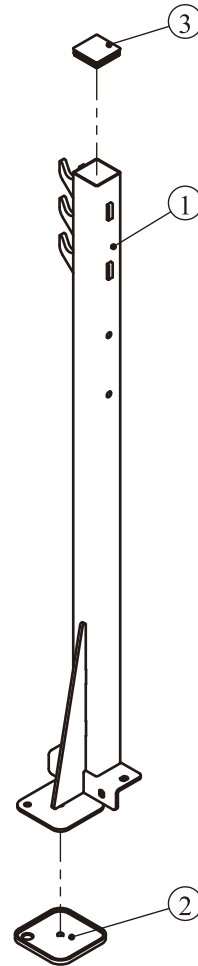
Grade No.	Part No.	Description	QTY
5.1	SL70570700	Foot Support Frame 2	1
5.2	SL70572400	Lining Board	1
5.3	GB2766205-2ZC3	Bearing6205-2ZC3	2
5.4	ODY510400	Safety Bumper	2
5.5	GB70M10*90DHS20	Socket Head Cap Screw M10*90	1
5.6	GB70M10*40DHS20	Socket Head Cap Screw M10*40	1
5.7	GB9510DHS2	Flat Washer $\Phi 11*\Phi 20*2$	2
5.8	NM10DHS2	Nylon Lock Nut M10	2

# Exploded View and Parts List

## Barbell Storage Frame ASSY



## Main Frame ASSY

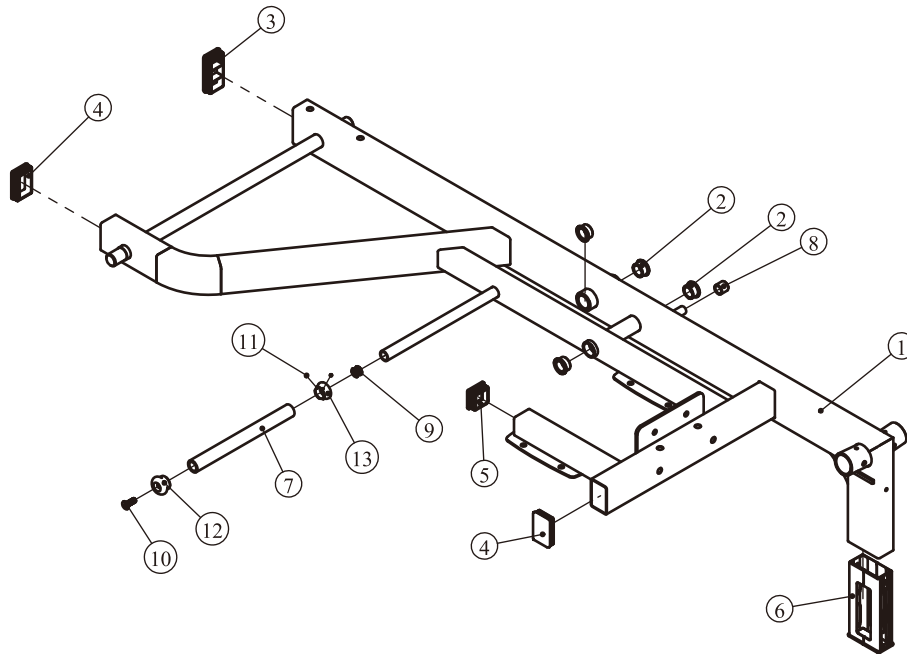


Grade No.	Part No.	Description	QTY
7.1	SL70391100	Barbell Storage Frame	1
7.2	PL0702800	Short Barbell Casing	1
7.3	PL0702300	Plastic Cap	1
7.4	PL4003200	Rubber Bumper	1
7.5	GB70M12*35N19	Socket Head Cap Screw M12*35	1

Grade No.	Part No.	Description	QTY
10.1	SL70570300	Main Frame	1
10.2	CWRVL0051200	Floor Mat	1
10.3	PBF30013	Pipe Plug	1

# Exploded View and Parts List

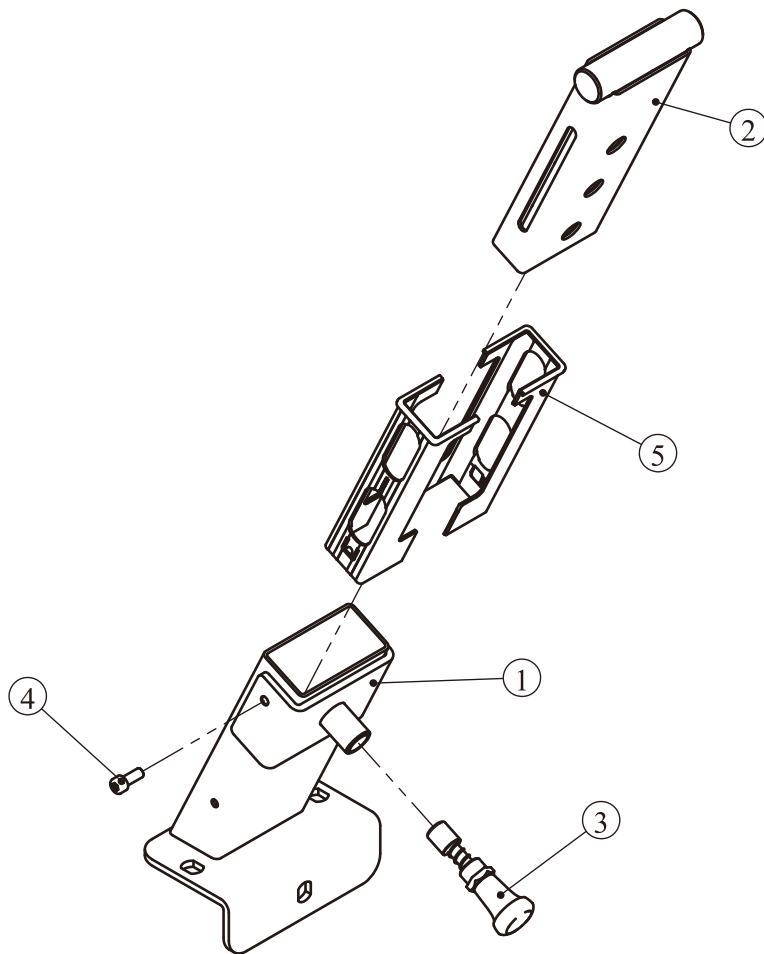
## Sway Frame ASSY



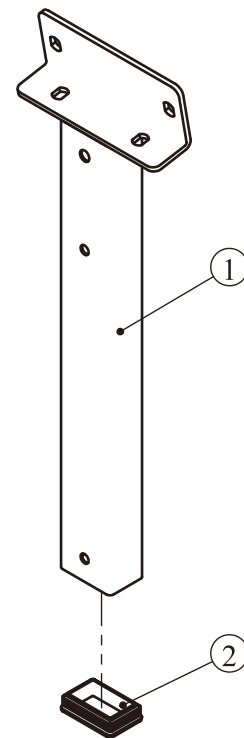
Grade No.	Part No.	Description	QTY
11.1	SL70570500	Sway Frame	1
11.2	M02502000	Copper Bushing	4
11.3	V511200	Pipe Plug	1
11.4	BNH0052	Pipe Plug	2
11.5	BNH0012	Pipe Plug	1
11.6	SL70473100	Slide Sleeve	2
11.7	FE97203100	Glove	1
11.8	BH97213100	Limit Sleeve	1
11.9	IF81165000	Lock Nut $\Phi 25*2.5*21.6*M10$	1
11.10	CNLM10*30*30DS20NL	Button Head Cap Screw M10*30	1
11.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	2
11.12	IT90102100	Aluminum Cap	1
11.13	IT90102200	Aluminum Retaining Ring	1

# Exploded View and Parts List

## Support Frame ASSY



## Cushion Frame ASSY

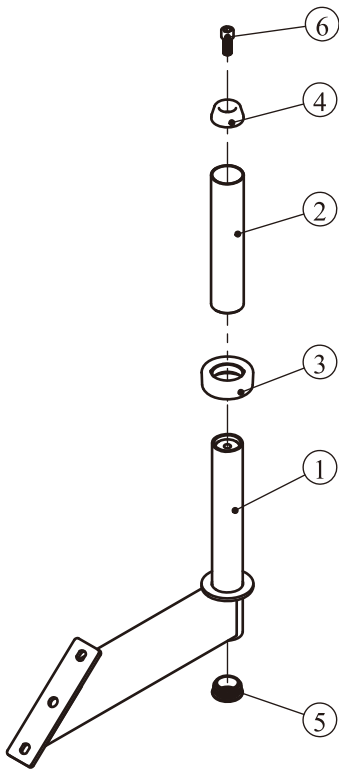


Grade No.	Part No.	Description	QTY
12.1	SL70570800	Support Frame	1
12.2	SL70571800	Adjust Frame	1
12.3	ES20007200ASSY	Plug Pin ASSY	1
12.4	GB70M8*20DHS20	Socket Head Cap Screw M8*20	1
12.5	SL70473100	Slide Sleeve	2

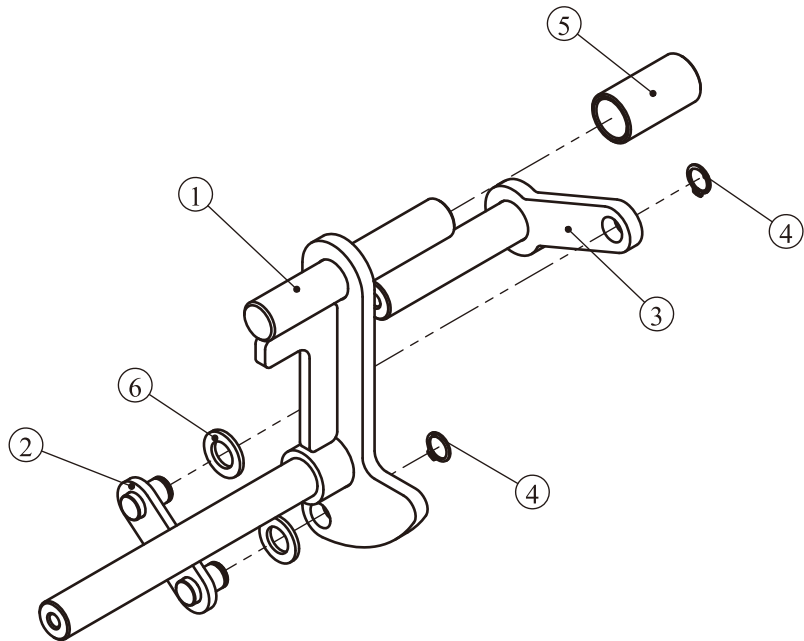
Grade No.	Part No.	Description	QTY
14.1	SL70571100	Cushion Frame	1
14.2	BNH0052	Pipe Plug	1

# Exploded View and Parts List

## Balance Frame ASSY



## Hook Frame ASSY

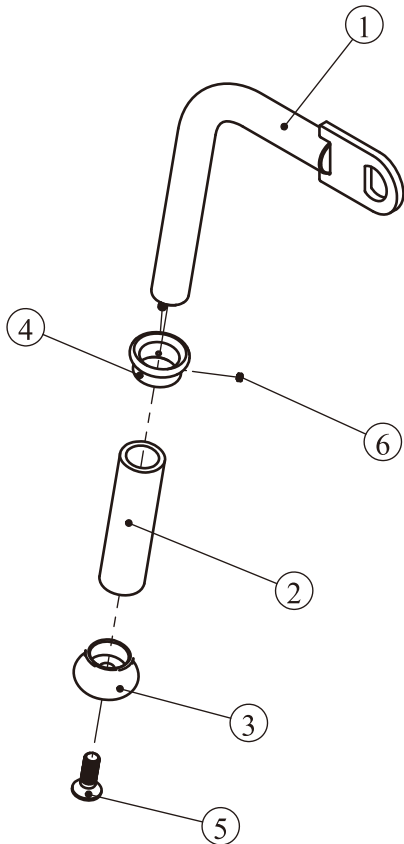


Grade No.	Part No.	Description	QTY
15.1	SL70571200	Balance Frame	1
15.2	PL0702800	Short Barbell Casing	1
15.3	PL1301600	Rubber Bumper	1
15.4	PL0702300	Plastic Cap	1
15.5	AP5TOS23000	Plastic Cap	1
15.6	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

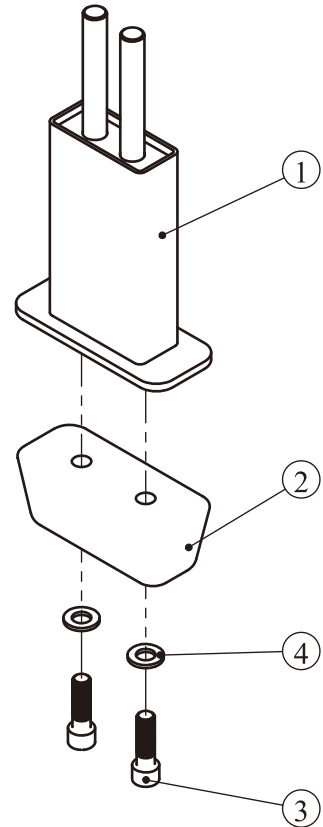
Grade No.	Part No.	Description	QTY
16.1	SL70571300	Hook Frame	1
16.2	SL70571900	Small Connecting Frame 1	1
16.3	SL70572500	Small Connecting Frame 2	1
16.4	GB894.116FH12	Shaft with elastic retaining ring $\Phi 16$	2
16.5	IN-D10135000	Limit Sleeve	1
16.6	GB9516DHS2	Flat Washer $\Phi 17.5 * \Phi 30 * 3$	2

# Exploded View and Parts List

## Handle Frame ASSY



## Buffer Frame ASSY

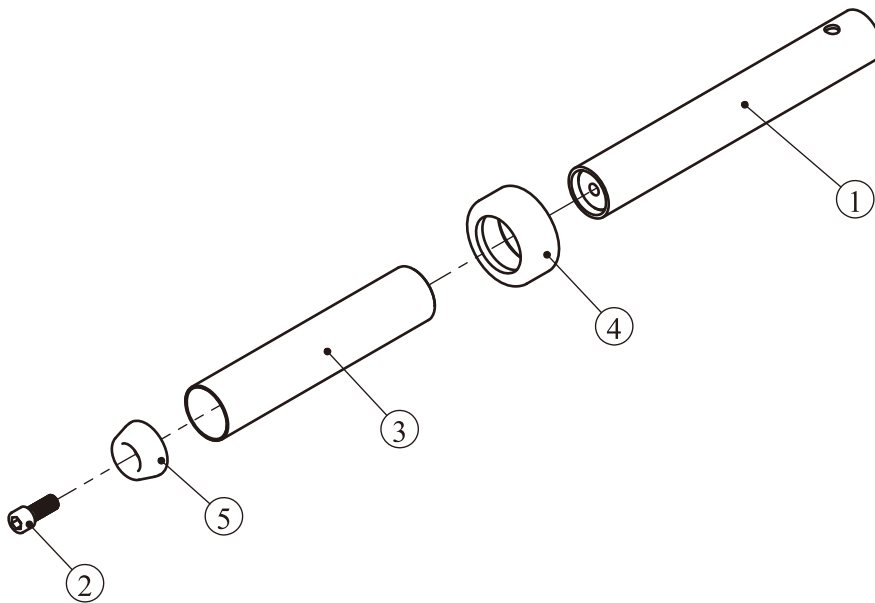


Grade No.	Part No.	Description	QTY
17.1	SL70571400	Handle Frame	1
17.2	026-01PL0206-5	Glove	1
17.3	IT90102100	Aluminum Cap	1
17.4	IT90102200	Aluminum Retaining Ring	1
17.5	CNLM10*30*30DS20NL	Button Head Cap Screw M10*25	1
17.6	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	2

Grade No.	Part No.	Description	QTY
18.1	SL70571500	Buffer Frame	1
18.2	PL380800	PL380800	1
18.3	GB70M12*40DHS20	Socket Head Cap Screw M12*40	2
18.4	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	2

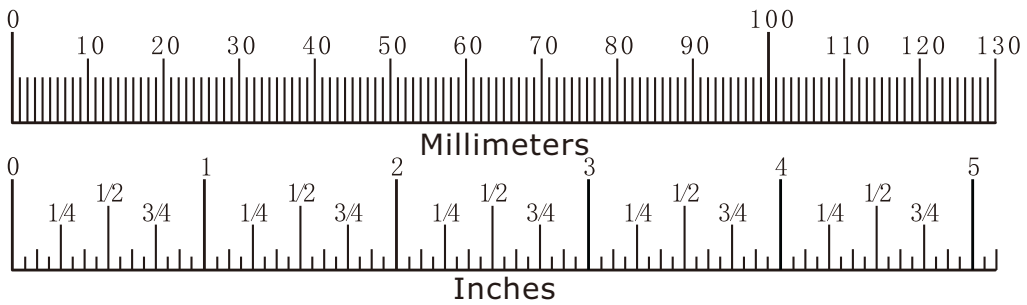
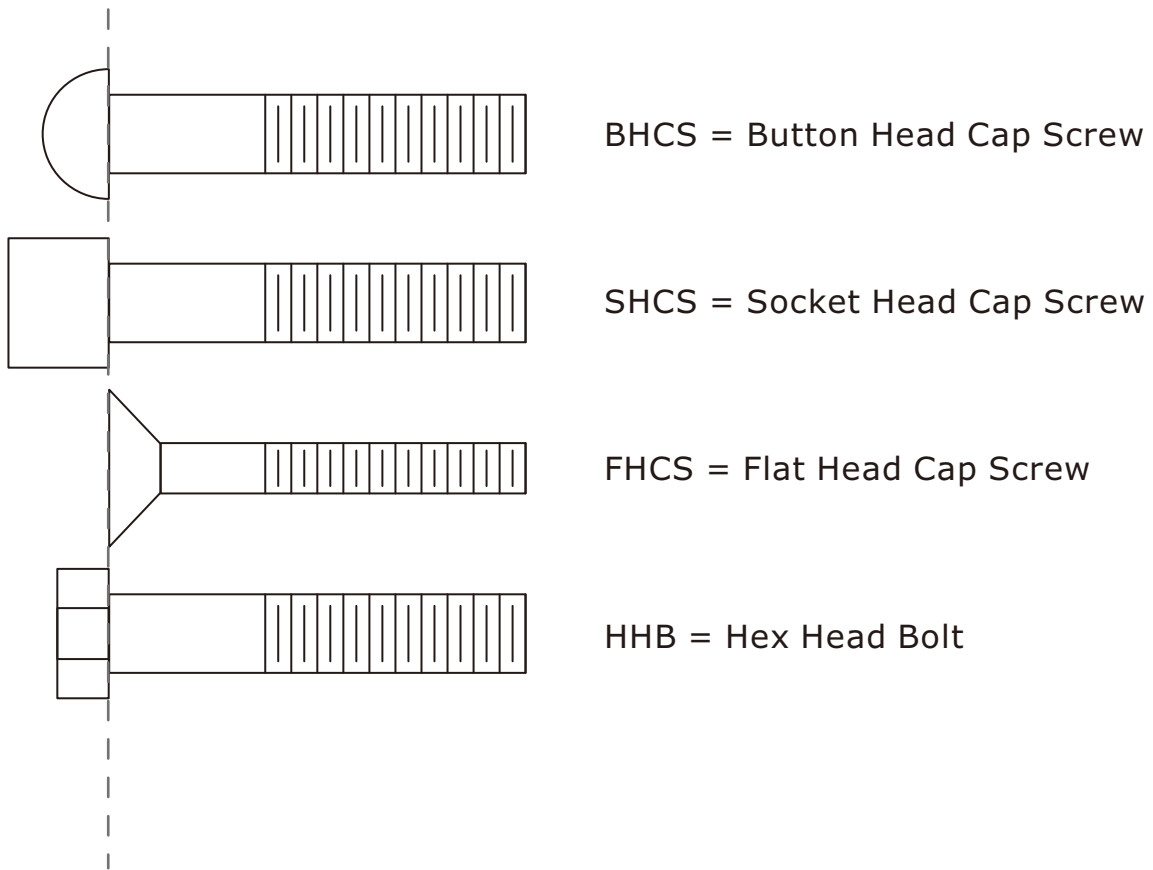
# Exploded View and Parts List

## Barbell Frame ASSY



Grade No.	Part No.	Description	QTY
19.1	SL70571600	Barbell Frame	1
19.2	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
19.3	PL0702800	Short Barbell Casing	1
19.4	SL70011600	Rubber Bumper	1
19.5	PL0702300	Plastic Cap	1

# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

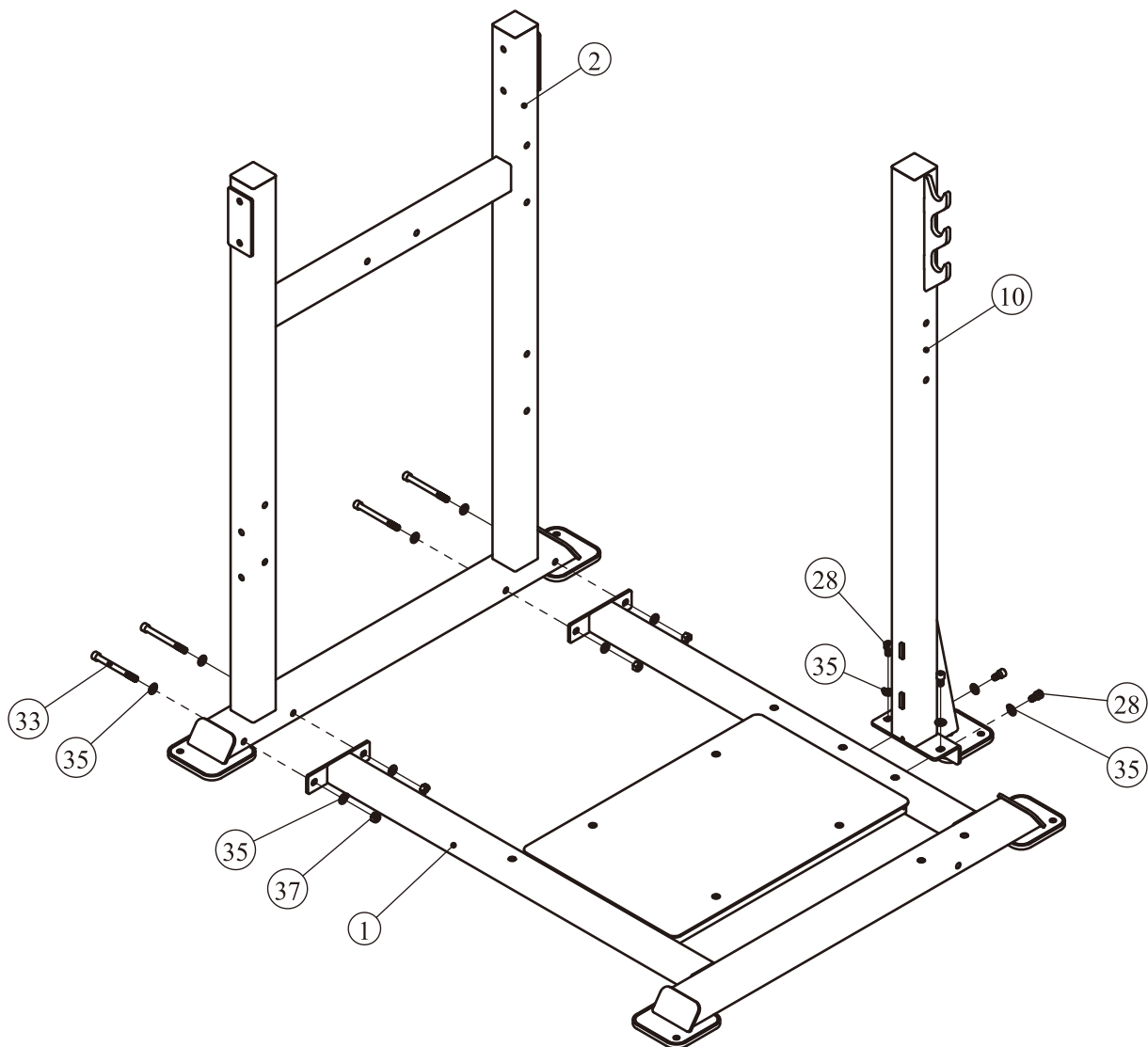
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach one Front Frame ASSY (#2) to Floor Frame ASSY (#1), using:
  - four Socket Head Cap Screw M12\*125 (#33)
  - eight Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
  - four Nylon Lock Nut M12 (#37)
2. Attach one Main Frame ASSY (#10) to Floor Frame ASSY (#1) using:
  - four Socket Head Cap Screw M12\*30 (#28)
  - four Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)

**Note: No Need To Tighten Bolts.**

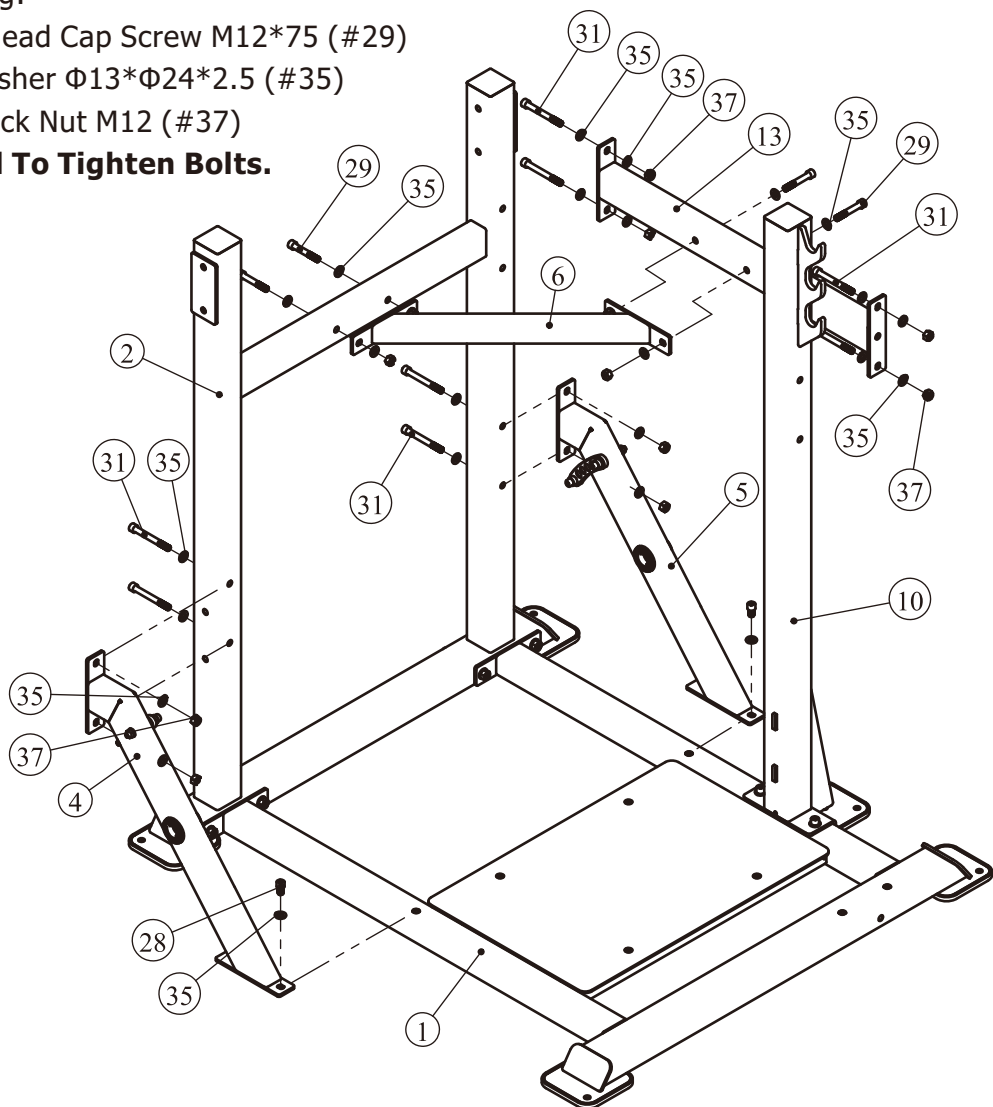


# Assembly

## STEP 2

1. Attach one Foot Support Frame 1 ASSY (#4) and one Foot Support Frame 2 ASSY (#5) to Floor Frame ASSY (#1) and Front Frame ASSY (#2), using:
  - two Socket Head Cap Screw M12\*30 (#28)
  - four Socket Head Cap Screw M12\*105 (#31)
  - ten Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
  - four Nylon Lock Nut M12 (#37)
2. Attach one Connecting Frame 1 (#13) to Front Frame ASSY (#2) and Main Frame ASSY (#10), using:
  - four Socket Head Cap Screw M12\*105 (#31)
  - eight Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
  - four Nylon Lock Nut M12 (#37)
3. Attach one Connecting Frame 2 (#6) to Front Frame ASSY (#2) and Connecting Frame 1 (#13), using:
  - four Socket Head Cap Screw M12\*75 (#29)
  - eight Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
  - four Nylon Lock Nut M12 (#37)

**Note: No Need To Tighten Bolts.**



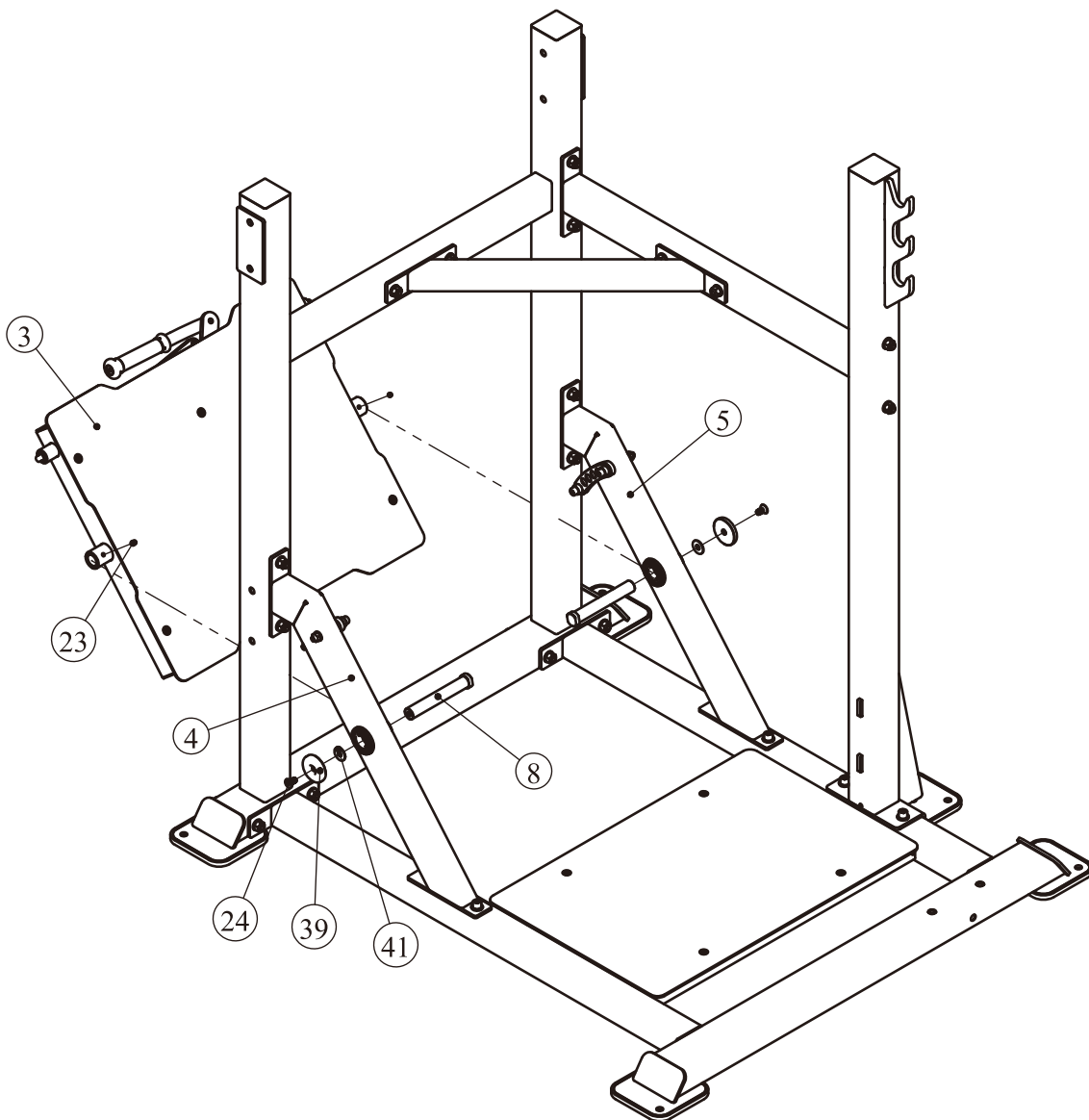
# Assembly

## STEP 3

Attach one Pedal Frame ASSY (#3) to Foot Support Frame 1 ASSY (#4) and Foot Support Frame 2 ASSY (#5), using:

- two Rotating Shaft 4 (#8)
- two Socket Set Screw M8\*6 (#23)
- two Flat Head Cap Screw M10\*20 (#24)
- two Aluminum Cap  $\Phi 60$  (#39)
- two Flat Washer  $\Phi 11*\Phi 38*2$  (#41)

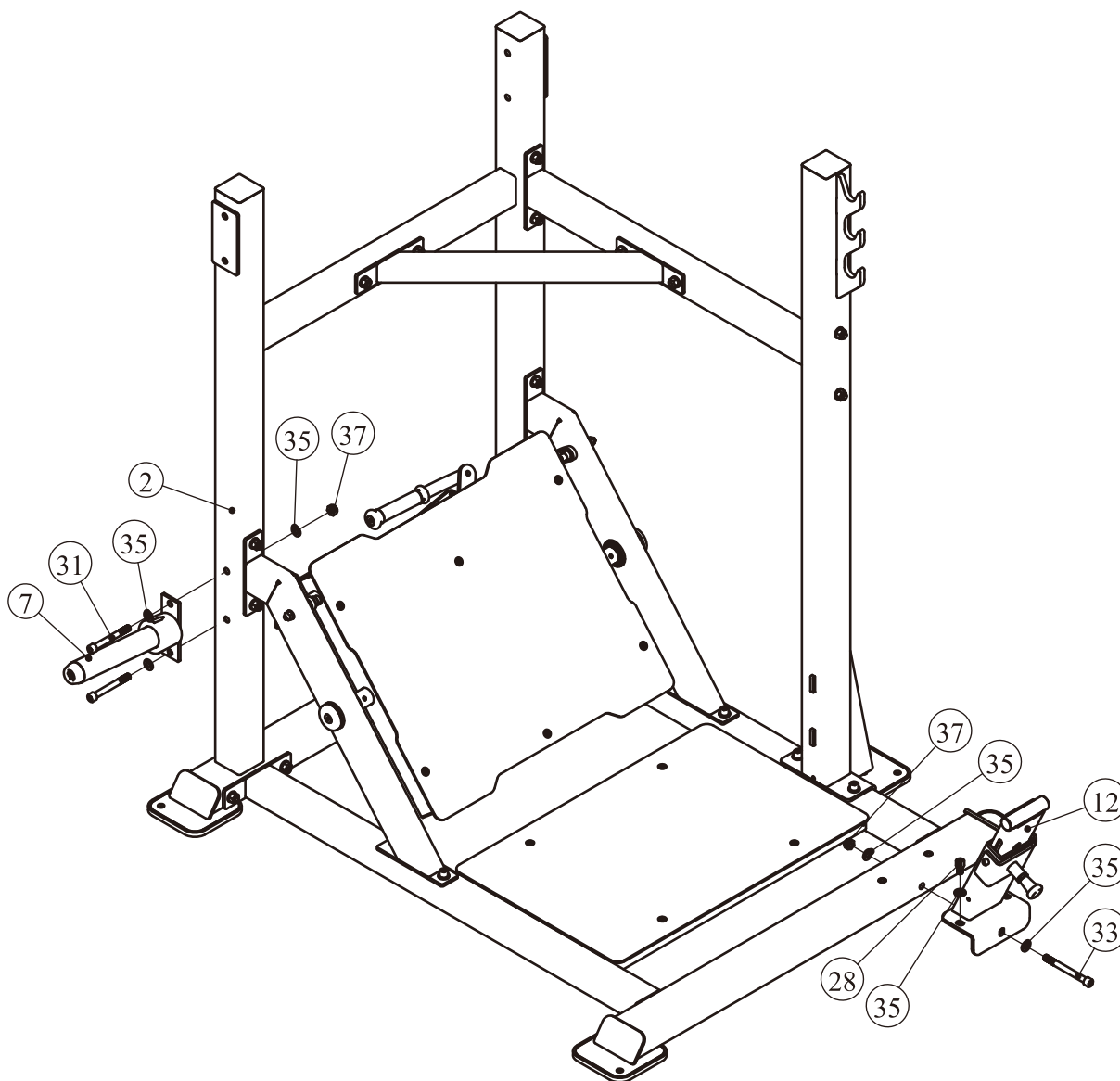
**Note: No Need To Tighten Bolts.**



# Assembly

## STEP 4

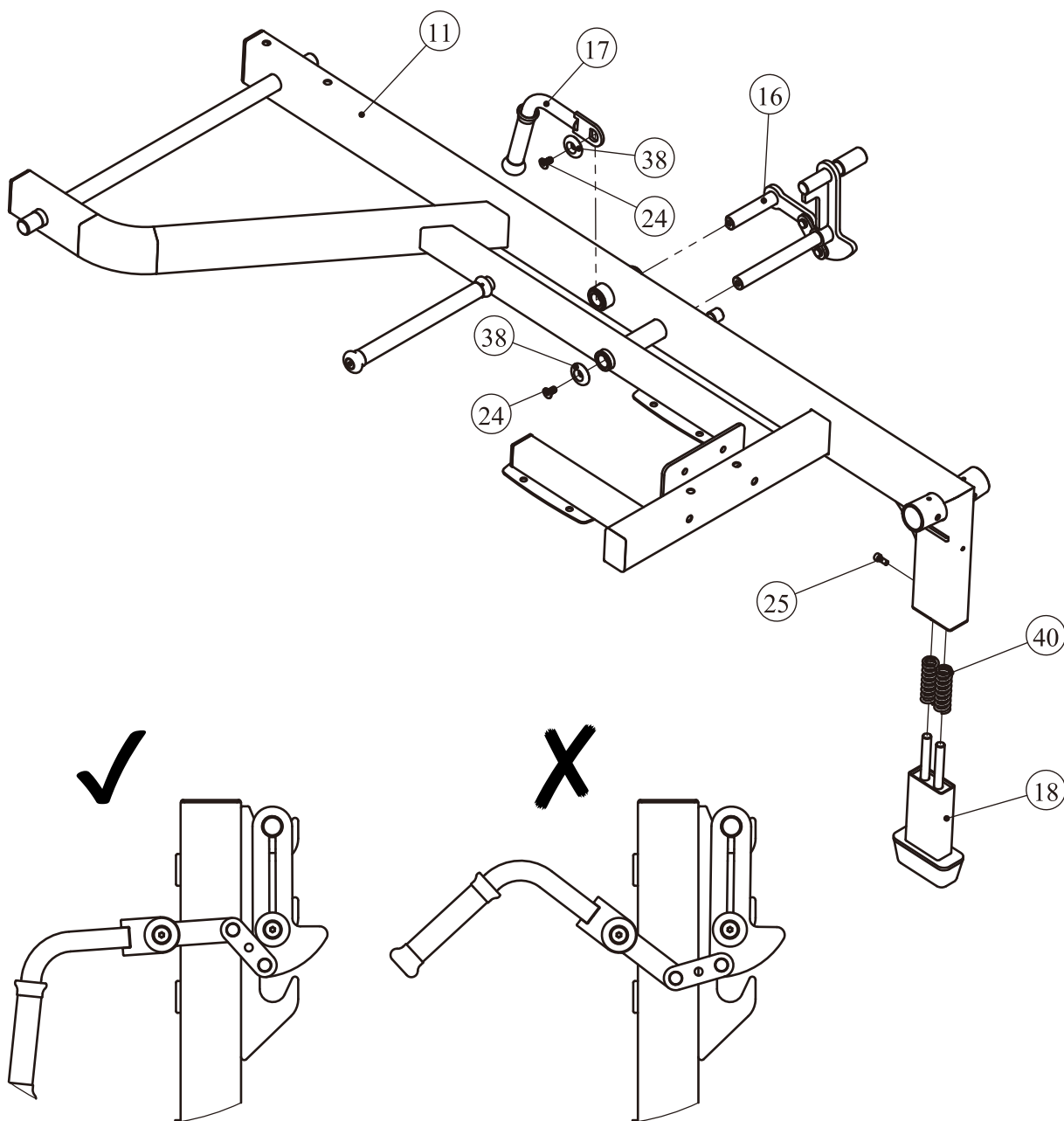
1. Attach one Barbell Storage Frame ASSY (#7) to Front Frame ASSY (#2), using:
  - two Socket Head Cap Screw M12\*105 (#31)
  - four Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
  - two Nylon Lock Nut M12 (#37)
2. Attach one Support Frame ASSY (#12) to Front Frame ASSY (#2), using:
  - two Socket Head Cap Screw M12\*30 (#28)
  - one Socket Head Cap Screw M12\*125 (#33)
  - four Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
  - one Nylon Lock Nut M12 (#37)



# Assembly

## STEP 5

1. Attach one Hook Frame ASSY (#16) and one Handle Frame ASSY (#17) to Sway Frame ASSY (#11), using:  
two Flat Head Cap Screw M10\*20 (#24)  
two Aluminum Cap  $\Phi$ 43 (#38)
2. Attach one Buffer Frame ASSY (#18) and two Spring (#40) to Sway Frame ASSY (#11), using:  
one Socket Head Cap Screw M8\*20 (#25)

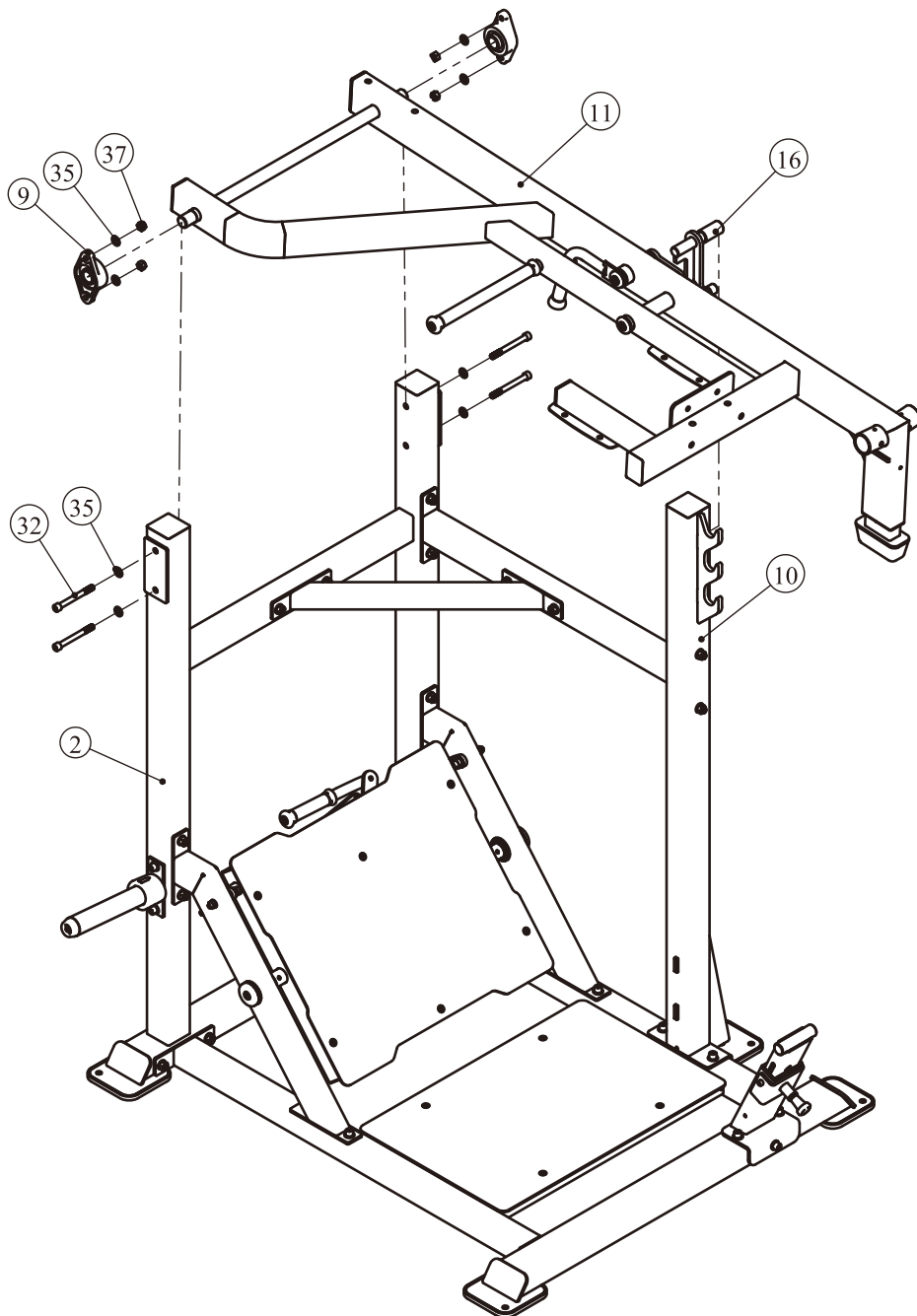


# Assembly

## STEP 6

Attach one Sway Frame ASSY (#11) to Front Frame ASSY (#2) and Main Frame ASSY (#10), using:

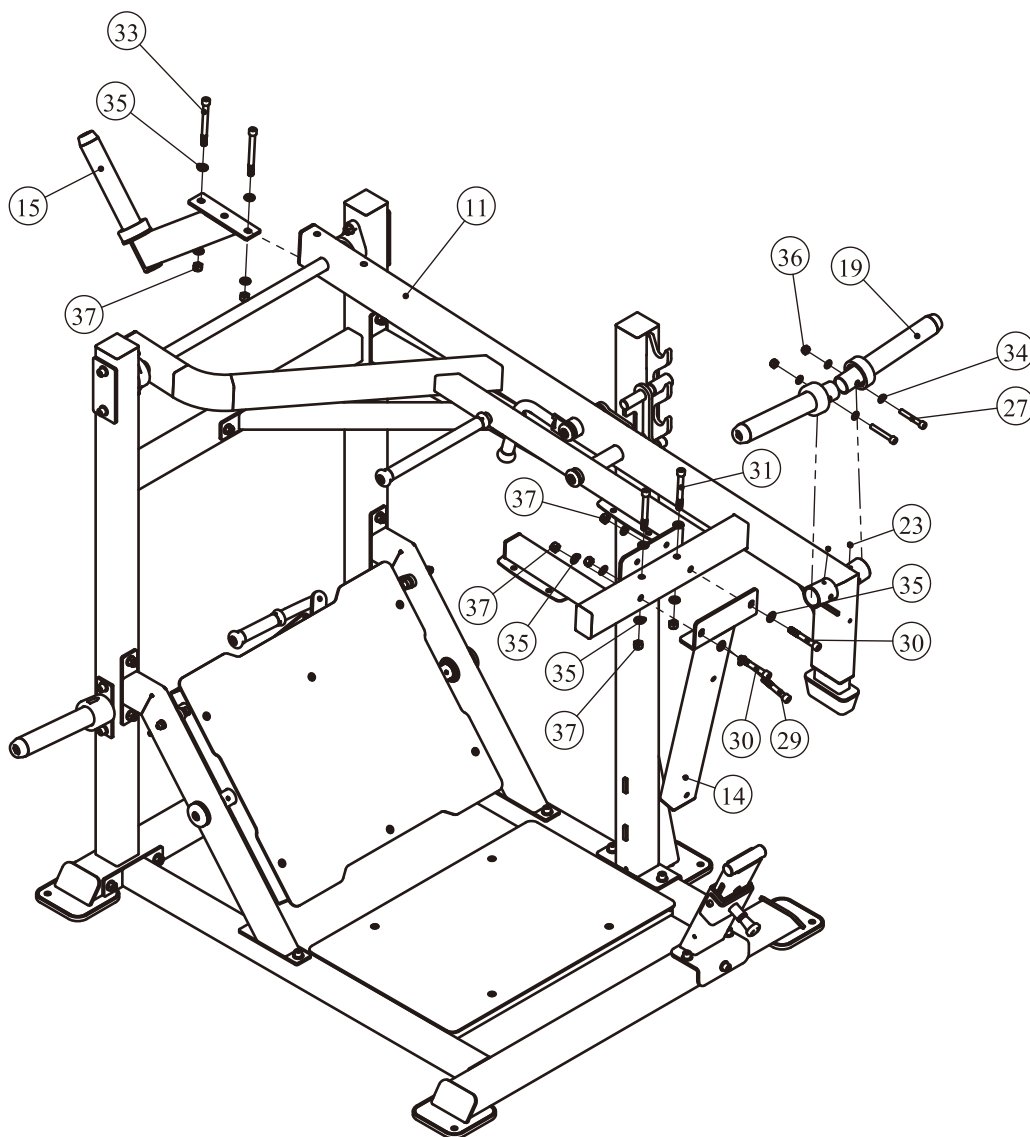
- two Bearing with housing (#9)
- four Socket Head Cap Screw M12\*115 (#32)
- eight Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)
- four Nylon Lock Nut M12 (#37)



# Assembly

## STEP 7

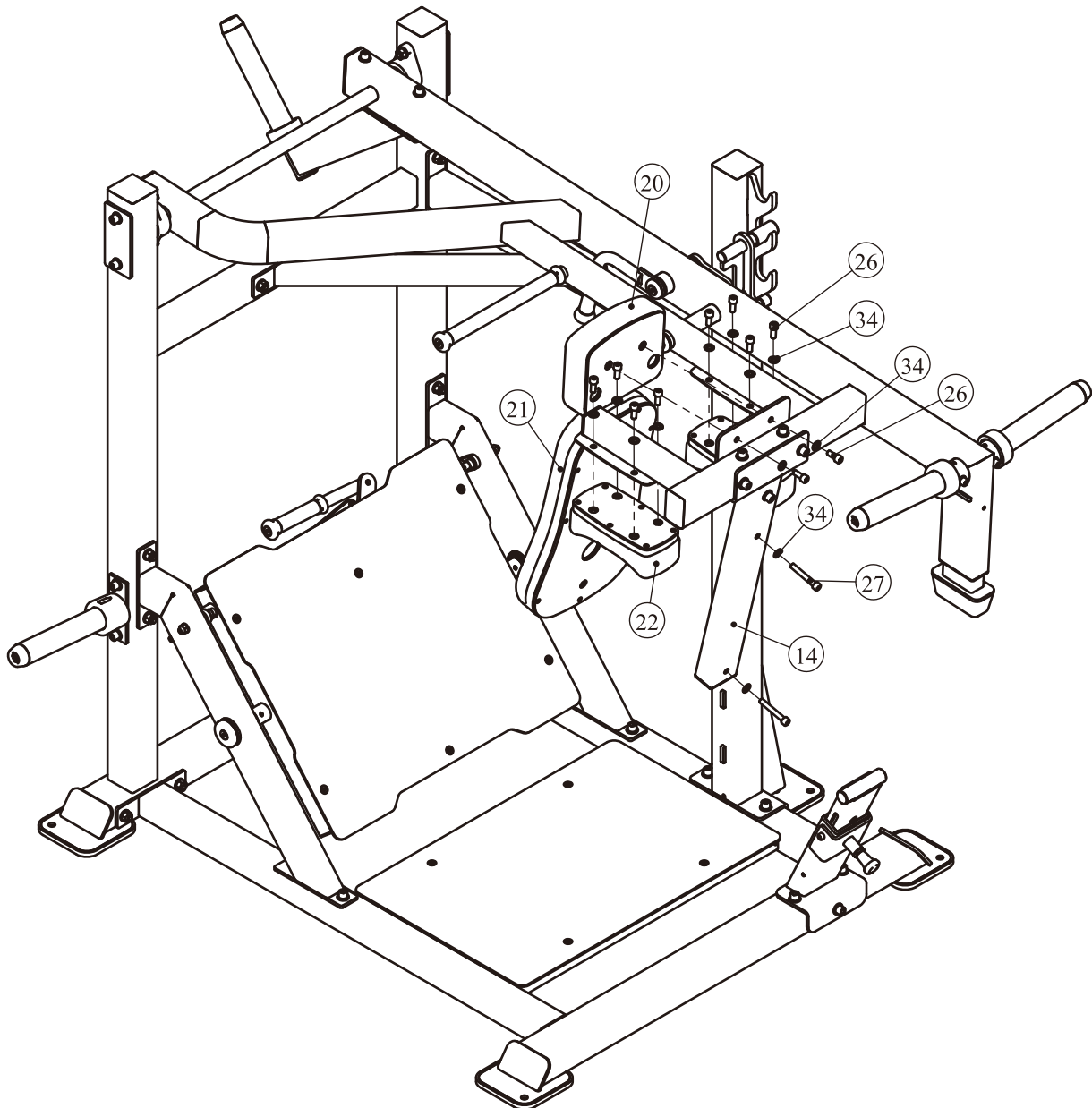
1. Attach one Balance Frame ASSY (#15) to Sway Frame ASSY (#11), using:  
two Socket Head Cap Screw M12\*125 (#33)    four Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)  
two Nylon Lock Nut M12 (#37)
2. Attach one Cushion Frame ASSY (#14) to Sway Frame ASSY (#11), using:  
one Socket Head Cap Screw M12\*75 (#29)    two Socket Head Cap Screw M12\*85 (#30)  
two Socket Head Cap Screw M12\*105 (#31)    ten Flat Washer  $\Phi 13*\Phi 24*2.5$  (#35)  
five Nylon Lock Nut M12 (#37)
3. Attach two Barbell Frame ASSY (#19) to Sway Frame ASSY (#11), using:  
two Socket Set Screw M8\*6 (#23)    two Socket Head Cap Screw M10\*70 (#27)  
four Flat Washer  $\Phi 11*\Phi 20*2$  (#34)    two Nylon Lock Nut M10 (#36)



# Assembly

## STEP 8

1. Attach one Head Pad (#20) and two Shoulders Pad (#22) to Sway Frame ASSY (#11), using:
  - ten Socket Head Cap Screw M10\*25 (#26)
  - ten Flat Washer  $\Phi 11*\Phi 20*2$  (#34)
2. Attach one Back Pad (#21) to Cushion Frame ASSY (#14), using:
  - two Socket Head Cap Screw M10\*70 (#27)
  - two Flat Washer  $\Phi 11*\Phi 20*2$  (#34)



# Adjust Instructions and Exercise Instructions

## Weight Plate Installation Requirements

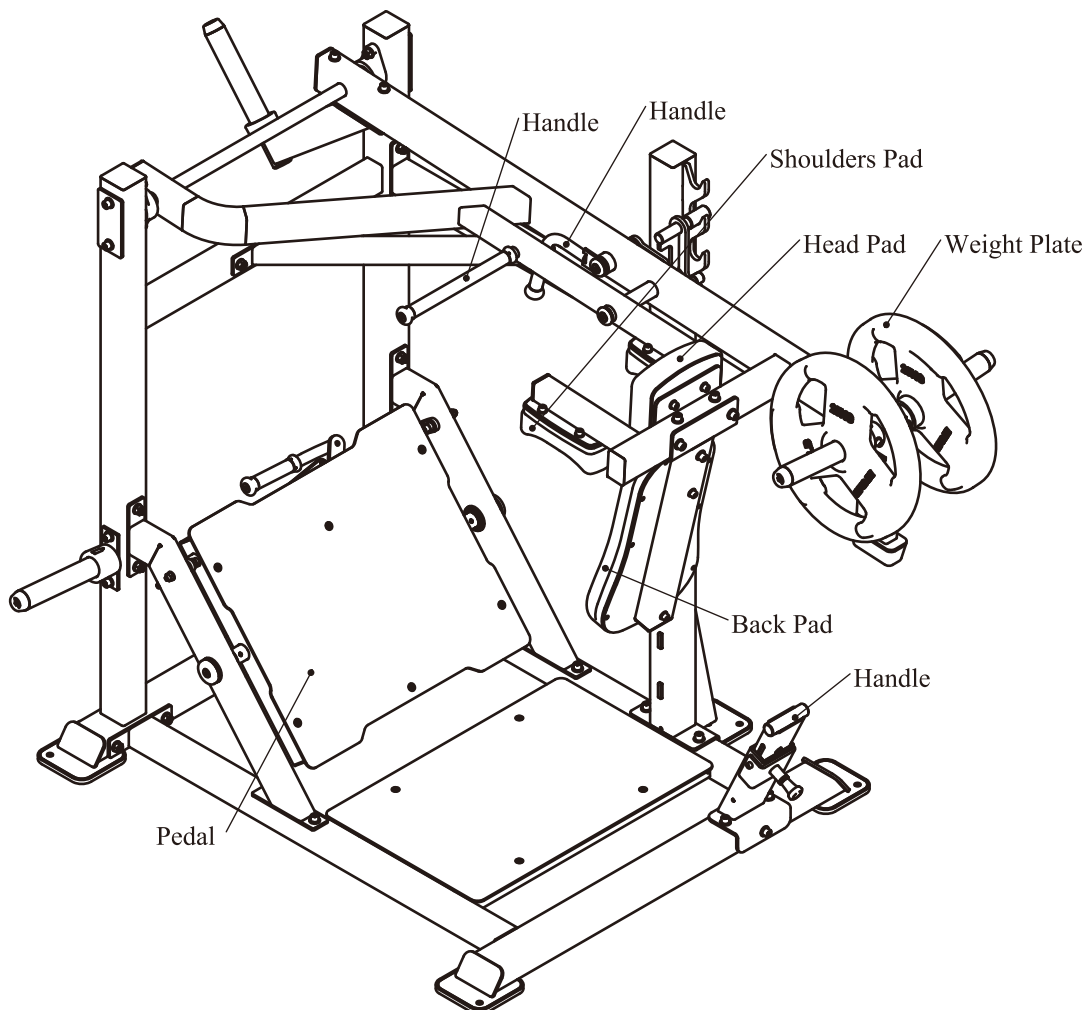
1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 100kg.
3. This equipment does not contains Weight Plate.

## Desired position adjustment

1. Pull the Turn Handle Hrame, adjust the Pedal Frame to the desired position and then release the Handle Hrame.
2. Pull the Adjust The Handle Frame, Set to proper safe height.
3. Make sure the pin gets into the hole completely.

## Exercise Instructions

Grasp the handle with both hands, Put your feet on the Pedal Frame, Spread your legs, Move Sway Frame.



# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

